



## Tai Chi for Arthritis and Falls Prevention

Training is intended for PTs, PTAs, OTs, OTAs,  
Sponsored by Ensign Services, Inc. and open to all Ensign Affiliated Therapists and a guest

### Course Description

The Tai Chi for Arthritis and Fall Prevention Program was recommended by CDC and is evidenced based. This program has tai chi principles for improving health and wellness, as well as proven effective for fall prevention. In addition to established manuals and consistent instructor training world-wide, the Tai Chi for Arthritis for Fall Prevention program is evidence based. The following are several examples. Similar to other western countries, the New South Wales Health Department of Australia experiences high costs related to injuries due to falls—far higher than from injuries of any other source including road trauma. In 2001, the Department funded the world's largest fall prevention study in a community setting. The majority of participants were taught the Tai Chi for Arthritis program. This study found that recurring falls were reduced by nearly 70%. It also found that building confidence—a fundamental component of the Tai Chi for Arthritis program—correlates closely to the reduced rate of falling. This study was one of the two listed on the CDC official site as evidence of tai chi preventing falls. In addition to the New South Wales Health Department, the Aged Care Department in Victoria, the South Australia Health Department, among others around the world, have funded training for Tai Chi for Arthritis programs.

**Course Objectives:** Upon completion of this course, participants will be able to

1. Didactic understanding of basics of Tai Chi
2. Be able to perform Tai Chi for Arthritis movements
3. Understand the Stepwise Progressive Teaching Method

### **Time Schedule and Program Content:**

**This course begins promptly at 8:00am PST**

8:00-9:30 Introductions / Stage 1 Overview Tai Chi / Features of the Program / Arthritis – Fall Prevention and How Tai Chi helps / Safety

9:30-10:30 Practice: Warm-Ups / Core Movements / Cool Down

10:30-10:45

10:45-12:00 Practice: Extension Movements

**12:00-12:30 Lunch**

12:30-1:30 Teaching Tai Chi Effectively / SPTM (Practice Teaching Single Whip to one side using Stepwise Progressive Teaching Method)

1:30-2:45 Practice: Complete set

**2:45-3:00 Break**

3:00-3:30 Practice entire set

3:30-4:00 wrap up with Questions and Answers

**Instruction will consist of handouts, power point, demonstration, and practice.**

In person **Training June 3rd, 2023** \* Location: 1936 Quivira Way \* San Diego CA 92109 – Anchor Room

You must preregister at [BuildingTherapyLeaders.com](http://BuildingTherapyLeaders.com) **Registration Closes May 31st, 2023**

**Earn 7 CCUs/.7 CEUs - You must attend all portions of the course for CCU/CEUs**

**Material is basic or introductory level:**

**Instructor:** *Sam Baxter PT, DPT - Certified Tai Chi Instructor*

Sam Baxter PT, DPT, is a certified Tai Chi instructor for “Arthritis and Falls Prevention” as well as “Tai Chi for Rehabilitation.” For the past 15 years he has been working in the Skilled Nursing (SNF) setting. He has been a staff therapist, Director of Rehabilitation, and currently works as a Therapy Resource for Ensign Facility Services. Sam became interested in Tai Chi as a physical therapist, reviewing research related to fall prevention, and coming to understand its evidence-based approach to reducing the risk for falls. He is a past advisory committee member at San Diego State University’s Physical therapy program and also guest lectures there, sharing a variety of topics related to regulations and clinical practices in the SNF environment.